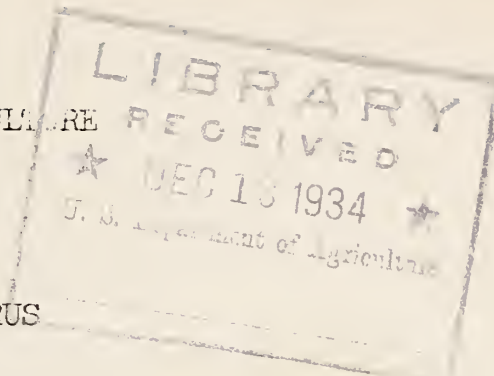


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UNITED STATES DEPARTMENT OF AGRICULTURE
BUREAU OF HOME ECONOMICS
Washington, D.C.



FOODS RICH IN CALCIUM AND PHOSPHORUS

Foods marked (*) are excellent. In the calcium list each of the fresh fruits and vegetables average .045% or more; those marked as excellent average at least .100%. In the phosphorus list fresh fruits, fresh vegetables, and meats each average .065% or more; those marked as excellent average at least .130%. Other foods as dry fruits, dry vegetables, seeds, nuts, and sirups, because they are used in smaller quantities, are considered rich enough to be included in either list only when they contain correspondingly higher quantities.

Foods Rich in Calcium

Numbers refer to literature references

- | | |
|--|---|
| Almonds 31 | Endive 37 |
| *Amaranth 9, 39 | Figs, fresh or dry 31 |
| Beans, common or kidney, dry or fresh,
shelled; also snap or string 31 | Hazelnuts 31 |
| *Beet greens 29, 35 | *Kale 9, 25, 35 |
| *Broccoli, sprouting 26, 35 | Kohlrabi 31 |
| Burdock, roots 9, 17 | Leeks 31 |
| *Buttermilk 31 | Lettuce 5, 20, 31, 38 |
| Cabbage, green 5, 8, 28, 30, 31 | Lobster 17, 33 |
| *Cabbage, Savoy and non-headed 5, 8,
31, 37, 38 | Maple sirup 31 |
| *Cabbage, Chinese, non-headed varieties
including tendergreens 5, 9, 17 | *Milk, whole or skimmed; evaporated,
condensed, and dried 31 |
| Carrots 31 | Molasses 19, 31, 35 |
| *Cauliflower 31 | *Mustard greens 2, 5, 9, 11, 16, 35 |
| Celery 31 | Okra 31 |
| *Chard 5, 31 | *Orach 35 |
| *Cheese, Cheddar or American 7, 21, 31,
32, 33 | Oranges 31 |
| Cheese, cottage 7, 12, 21, 32, 33, 35 | Oysters 31 |
| *Cheese, Swiss 7, 21, 33 | Parsnips 31 |
| Chickpeas 24, 34, 36 | Romaine 31, 38 |
| Chicory, leaves 35, 38 | Rutabagas 29, 31 |
| *Clams 31 | *Sesame seed 18, 22, 35 |
| *Collards 5, 16 | Shrimp 31 |
| Cottonseed flour 31 | Sorghum sirup 16, 35 |
| Cream 31 | Soybeans 1, 2, 9, 13, 17, 39 |
| *Dandelion greens 31 | Soybean flour 4, 27, 39 |
| Dock or sorrel 35 | Spinach 31 |
| Eggs, whole 31 | Spinach, New Zealand 5, 6, 10, 23, 35 |
| Egg yolk 31 | Tendergreens, See Cabbage, Chinese |
| | Turnips 31 |
| | *Turnip tops 5, 6, 9, 11, 16, 17, 38 |
| | Watercress 9, 31 |

Foods Rich in Phosphorus

Numbers refer to literature references

Almonds 31	*Lentils 31
*Barley, whole 31	*Lobster 3, 17
*Beans, common or kidney, dry or fresh, shelled 31	Meats (having more than 6% protein) 31
Beans, lima 5, 31	*Meats, lean or medium fat (having more than 12% protein) 31
Brussels sprouts 31	*Milk, whole or skimmed; evaporated, condensed, and dried 31
Buckwheat flour 31	Orach 35
*Buttermilk 31	*Oysters 31
Cheese, Cheddar or American 31, 32, 33, 35	Parsnips 31
Cheese, cottage 32, 33, 35	Peanuts 31
Cheese, Swiss 33	*Peas 31
Chickpeas 24, 34, 36	Pecans 31
Clams 3, 31	Rice, brown 31
Cocoa 31	*Rice, bran 14
Collards 5, 16	*Rice, polish 13, 14
Corn, green, sweet 31	Rye flour 31
Cornmeal 13, 15, 31	*Sesame seed 18, 22, 35
*Cottonseed flour 31	*Shrimp 17
*Cowpeas, or black-eyed peas, shelled 5, 31	*Soybeans 1, 9, 13, 17, 39
Dandelion greens 31	*Soybean flour 4, 27, 39
*Eggs, whole 31	Spinach 31
*Egg yolk 31	Walnuts 31
*Fish 31	*Wheat, whole grain, graham or whole wheat flour 31
Hazelnuts 31	*Wheat bran 31
Kohlrabi 31	*Wheat germ 31

CALCIUM AND PHOSPHORUS IN FOODS

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